

# No Promise

拍数: 32      墙数: 4      级数: Advanced  
编舞者: Hiroko Carlsson (AUS) - December 2023  
音乐: No Promises - Lewis Thompson : (Spotify/Apple Music/Deezer)



Please feel free to contact me if you need any further information. ([hirokoclinedancing@gmail.com](mailto:hirokoclinedancing@gmail.com))  
(The dance starts after you hear 'I don't break no promises.')

Facing 10:30 to begin

## [S1] Step-1/2L Tap-&, Fwd Rock-Together, Step-3/8R Tap-&, Out L-Out R-Out L

1 2&      Step forward on R, Make a  $\frac{1}{2}$  turn left (weight on R) tap L next to R (4:30), Step L beside R  
3&4      Rock forward on R, Replace weight on L, Step R next to L (push your hips back)  
5 6&      Step forward on L, Make a  $\frac{3}{8}$  turn left (weight on L) tap R next to L (9:00), Step R beside L  
7&8      Step/stomp out on L to the left, Step/stomp out on R to the right, Step/stomp out on L to the left

## [S2] Dip w/ Knee Roll In, Knee Roll Out, Kick L, Dip-Knee Roll In-Out-Kick R, 1/4R Behind-Side-Fwd, Flick

1 2      Step to the side with R and dip down/rolling your knees inward, Rolling your knees outward  
3      Step down on R and kick L foot diagonally forward  
4&      Step to the side with L and dip down/rolling your knees inward, Rolling your knees outward  
5      Step down on L and kick R foot diagonally forward  
6&7      Making a  $\frac{1}{4}$  turn right stepping R behind L, Step L to the side, Step slightly R across L  
8      Flick L toes behind R

## [S3] Side Rock-1/2L Ball-Shuffle Fwd into Press, Recover-1/4R-1/2R Coaster Step

1 2&      Rock L to the side, Replace weight on R, Make a swift  $\frac{1}{2}$  turn left stepping L beside R (6:00)  
3&4      Shuffle forward on R-L-R (rock forward on R)  
5 6      Replace weight on L, Make a  $\frac{1}{4}$  turn right stepping forward on R (9:00)  
7&8      Make a  $\frac{1}{2}$  turn right stepping back on L (3:00), Step R next to L, Step forward on L

## [S4] 1/8R Step, Lock, 3/4R Triple Turn, Step-Lock-Step, Step-Pivot 1/2L

1 2      Make a  $\frac{1}{8}$  turn right stepping forward on R (4:30), Lock/step L behind R  
3&4       $\frac{3}{4}$  right triple turn - Step forward on R, Make a  $\frac{1}{2}$  turn right stepping L beside R, Make a  $\frac{3}{8}$  turn right stepping forward on R (1:30)  
5&6      Step forward on L, Lock/step R behind L, Step forward on L  
7 8      Step forward on R, Make a  $\frac{1}{2}$  turn left recover weight on L (7:30)

## TAG: 8 counts Tag at the end of Wall 2 (4:30) – 2x (Step-Pivot 1/2L, Walk-Walk)

1 2      Step forward on R, Make a  $\frac{1}{2}$  turn left recover weight on L (10:30)  
3 4      Step forward on R-L  
5 6      Step forward on R, Make a  $\frac{1}{2}$  turn left recover weight on L (4:30)  
7 8      Step forward on R-L

Ending suggestion: The last wall ends facing 7:30. Make a 5/8L turn to the front stepping back on R.

(updated: 26/Dec/23)